SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17

Thursday, July 10, 2014

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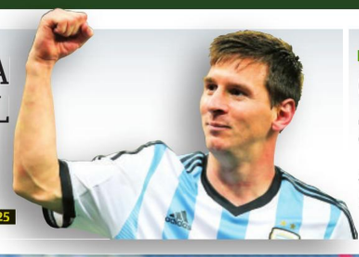

READY FOR A MESS-I FINAL

DUTCH DREAMS DIE AFTER SHOOTOUT VS. ARGENTINA PAGE 25

City staff blamed for green bin fiasco

Audit finds mismanagement led to $8 million of 'unnecessary costs' PAGE 3

There was an old woman who lived in a shoe...

And even she can dine in style. PAGE 22

Ottawa Redblacks mascot Big Joe and Ottawa Fury mascot Sparky mark a historic day at Lansdowne Park Wednesday, as the football and soccer stadium officially opened. DENIS ARMSTRONG/FOR METRO

TD Place is finally open

Seven-year wait. Renovated 24,000-seat stadium ready for action

After seven years of planning, debates and construction, Lansdowne Park's new TD Place stadium finally opened Wednesday night, with Ottawa Mayor Jim Watson and Ottawa Sports & Entertainment Group's (OSEG) Roger Greenberg cutting the ceremonial ribbon.

"The people of Ottawa and Gatineau told us they wanted Lansdowne Park to be more than it ever was and I think we've succeeded," Greenberg, surrounded by members of city council, said in his opening comments. "It's been seven years since they discovered cracks in the south side stands. Now Ottawa has a stadium we can be really proud of."

Though the park is still weeks from completion, thousands of Ottawa Fury soccer and Redblacks football subscribers dropped by for an invitation-only sneak peek of the Fury and Redblack teams, the cheerleaders and the feel of the new 24,000-seat stadium that will open for play on July 18 with the Redblacks' first home game.

The new stadium is a big improvement over the old one — with attractive architecture, spectacular views of the city, wide aisles and comfortable seating.

For former mayor Larry O'Brien and current mayor Jim Watson, Wednesday's opening was a vindicating moment, particularly for Watson, who's made this kind of large-scale urban renewal a key element of his legacy as the capital's mayor.

"For too long Lansdowne Park lay dormant, crumbling buildings and a parking lot," Watson said. "People didn't have a reason to come here unless you had tickets to an event. As you can see, that isn't the case with Lansdowne anymore."

Fans were just as excited about the stadium.

"I'm amazed at how much they've done in a short period of time," said Redblacks season-ticket-holder Nick Robinson. "I live in the Glebe and think this will be good for businesses here." DENIS ARMSTRONG/FOR METRO

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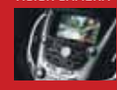

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Little Italy

Nine-storey condo going up despite upset residents

Little Italy will see a new nine-storey condominium — with the possibility for other high-rise buildings — despite residents' attempts to keep the project out of the neighbourhood.

Councillors approved the Preston-Carling District Secondary Plan on Wednesday — with a few amendments — which lays out the zoning for Little Italy.

Somerset Coun. Diane Holmes tried to impose a four-storey cap on buildings on Norman Street, where Tamarack Homes is planning a nine-storey condominium, but that was voted down 14-10 in the council chambers. A similar motion to limit buildings on Young Street to six storeys was also shot down.

LUCY SCHOLEY/METRO

Woman recovering

MDMA confirmed in Canada Day weekend incident

A 20-year-old Ottawa woman who was in an induced coma after consuming pills at a rave in the city is recovering in hospital, say police.

Police confirmed the woman ingested MDMA, a psychedelic drug similar to ecstasy, between June 29 and Canada Day.

They are still waiting on the toxicology results for a 19-year-old woman who took drugs at a separate rave event during that same time period.

The results could take three to six months.

LUCY SCHOLEY/METRO

Audit slams city staffers over Orgaworld contract

'Unnecessary costs.'
Report's findings reveal missing documents, lack of oversight and 'fundamental errors'

LUCY SCHOLEY
lucy.scholey@metronews.ca

Ottawa Auditor General Ken Hughes speaks to reporters on Wednesday. LUCY SCHOLEY/METRO

A damning audit of Ottawa's green bin program blames senior city staffers for the mismanagement in the Orgaworld contract, which resulted in nearly $8 million in "unnecessary costs" paid to the company.

The report's findings, presented at a special meeting on Wednesday, reveal missing documents, lack of oversight and "fundamental errors" in analyzing data from the program's pilot projects.

In 2008, the city signed a 20-year, $140-million contract with Orgaworld to process 80,000 to 100,000 tonnes of kitchen waste every year.

At the time, staff told council the tonnage target would be easily achievable. But the city actually produces far less than that amount: 21,000 to 57,000 tonnes per year.

The internal audit reveals the city has paid $8 million in unnecessary costs to Orgaworld, plus $1.7 million in legal fees towards the arbitration process.

The contract also wasn't clear on whether leaf and yard waste would be included. The audit says staff failed to tell council that the cost of processing that waste at Orgaworld — instead of a city facility on Trail Road — was more expensive.

"If the project continues, there will be almost $5 million of additional payments to process separated collected leaf and yard waste at the Ottawa facility in order to meet the 80,000-tonne threshold," city Auditor General Ken Hughes said following the presentation.

By comparison, the City of Gatineau signed a waste management contract in 2010 with Lafleche Environmental for $110 million.

The audit estimates that the city could save $30.7 million from 2016 to 2029 with a similar contract.

Among its 10 recommendations, the audit suggests council cancel the contract with Orgaworld. That would cost about $10 million.

Ottawa Mayor Jim Watson said he would consider terminating the contract, but only if it makes "financial sense."

Ottawa florist adds to her flower power

Ottawa florist Michael Corbeil is handing the keys to his flower shop over to Elizabeth Young. DENIS ARMSTRONG/METRO

Elizabeth Young's floral empire is growing organically, you might say.

The florist, who turned the trendy Flowers Talk flower shop in West Wellington village into one of the hottest places in the city to buy flowers, is getting ready to add the Tivoli Flower shop in Westboro to her collection on Aug. 1.

Michael Corbeil, Tivoli's owner for the last 25 years, is retiring. Ordinarily that news might have caused most of Tivoli's customers to panic, until it was learned this week that Corbeil was selling the landmark Westboro business to Young.

It was an easy decision for the good friends. Young has a client list that includes Oprah Winfrey, Hilary Clinton, celebrity designers Sarah Richardson and Debbie Travis, the Dalai Lama and Elton John.

Though her shop Flowers Talk has been around since 2005, Young's break came in 2013 when she was asked to do arrangements for Oprah's appearance at what was then Scotiabank Place.

Young wasn't paid for her efforts, but she got the kind of publicity most businesses can only dream of.

"Doing arrangements for celebrities is less stress than doing weddings," she says with a laugh. "They're surprisingly easy to work with because I know their styles. Sarah Richardson gave me carte blanche to do whatever I wanted. They trust me. All of my business comes from referrals." DENIS ARMSTRONG/METRO

Can't pop the question?

For $250, Project J Events will help get you hitched

A wedding and event co-ordinating company in the National Capital Region will soon be offering proposal services and is launching a local contest to start it off.

Janice Lewis, director of Project J Events, came up with the idea when she realized that there were no businesses offering the service in the region. But proposals, said Lewis, can be just as important as weddings.

"Weddings are of course a very important day but when we're younger, we're always imagining how we're going to get proposed to, too," she said.

Project J Events will be providing its proposal services at a flat rate of $250 with additional costs depending on how elaborate the proposal is and if bonuses like photography and hotel bookings are included.

The company will start its process by first discussing any ideas with the client and providing a questionnaire to figure out the couple's personality.

Proposals vary, said Lewis, depending on whether the couple would rather have a big proposal or a smaller, more intimate one.

Proposals can be done with family involvement, a special choreographed dance or just a dinner, explained Lewis.

The contest to win a full package from Project J Events valued at $1,000 will run until July 15. Applicants will have to submit either an idea for their proposal or a story about their relationship to win. The contest can be found at projectjevents.com.

AMY YEE/FOR METRO

Project J Events is offering proposal services. COLOURBOX.COM

Ottawa Food Bank scores with afternoon hockey day

Five Hole for Food.

A ball hockey game raises donations during summer

AMY YEE
ottawa@metronews.ca

Hockey players came out for a game to beat out hunger at Five Hole for Food's (FHFF) annual event Wednesday.

The not-for-profit organization landed on Sparks Street as it made its way through the country for its fifth national tour.

The organization sets up games of ball hockey in the heart of Canadian cities for participants to play in exchange for a donation to the local food bank.

Richard Loat, CEO and founder of FHFF, thought of the idea after seeing the impact made at the Vancouver 2010 Olympics.

From left: Five Hole for Food road team of Victor Lo, Jeff Veillette, Ryan Pelley and founder Richard Loat at the Sparks Street ball hockey game Wednesday. AMY YEE/FOR METRO

"No matter where you are in Canada, hockey's a great unifier and I saw that on the back of the Vancouver Olympics," said Loat. "It occurred to me that hockey can be a really powerful vehicle for social change."

Nineteen-year-old Regan Yu was down to play hockey, and planned to meet up with some friends to play the game.

"It's a great way to help people, get together and just have a fun game of pick-up hockey," he said.

The donations from the event are given to the Ottawa Food Bank.

"During the summer donations are typically lower; a lot of people think about giving around the holidays, meaning Christmas (and) Thanksgiving," said Samantha Ingram, communications coordinator at the Ottawa Food Bank.

"So right now is a perfect time for an event like this. Not only does it generate donations but it also generates awareness that the food bank is still here and we still need donations."

Last year the event raised 9,250 pounds of food for the Ottawa Food Bank.

The tour will be heading out to Toronto on July 10 and then moving out west for the second half of its trip.

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Anti-prostitution bill flawed, expert says

Human rights issues. Adviser on Swedish anti-prostitution law, which Tories hope to emulate, says new bill may be unconstitutional

One of the architects of Sweden's anti-prostitution strategy — a model the Conservatives are trying to emulate — says the proposed new law is likely unconstitutional.

A provision of the Tory bill that still criminalizes prostitutes in some circumstances is also a violation of Canada's Charter of Rights and Freedoms, as well as international human rights obligations, lawyer Gunilla Ekberg said Wednesday.

Critical

"It targets those who are victims of, first of all, a human rights violation, but also a crime."
Gunilla Ekberg

Ekberg is a Canadian citizen who was an adviser for the Swedish government in the 1990s when it crafted a law that makes it illegal to be a pimp or a john, but not a prostitute.

The Harper government has tabled a similar bill in response to last year's decision by the Supreme Court of Canada.

Ekberg and numerous other witnesses at this week's parliamentary hearings on the bill are urging the government to amend that provision.

THE CANADIAN PRESS

A sex trade worker is shown in downtown Vancouver. An expert says the federal Tories' draft law is likely unconstitutional. JONATHAN HAYWARD/THE CANADIAN PRESS

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Overdose. Alleged sex worker in court after Google exec dies on yacht

An alleged high-end prostitute accused of injecting heroin into a Google executive on his yacht in Santa Cruz and leaving him to die when he overdosed appeared in court on Wednesday on manslaughter and heroin charges.

Alix Tichelman, 26, in handcuffs and a red jumpsuit, did not enter a plea and was appointed a public defender. She is being held on $1.5-million bail.

Surveillance footage from the yacht shows Tichelman gathering her belongings, including the heroin and needles, then stepping over the 51-year-old victim's body to finish a glass of wine and lower a blind before leaving the boat, Santa Cruz police said.

Police said Tichelman did not provide first aid or call emergency authorities as the man, identified as Forrest Timothy Hayes, suffered medical complications and went unconscious during the November overdose aboard his 50-foot yacht, Escape. His body was discovered the next morning by the boat's captain, police said.

Police are also investigating Tichelman in connection with a similar incident in another state, Santa Cruz Deputy Police Chief Steve Clark said. THE ASSOCIATED PRESS

Alix Tichelman
SANTA CRUZ POLICE/THE ASSOCIATED PRESS

Winnipeg

Where the wheels on the bus don't go round

If you are in Winnipeg, you had better keep your singing to the shower.

The city has passed a bylaw that calls for a $100 fine if you sing on a Winnipeg transit bus.

Scofflaws will also face court costs if caught belting out a tune.

The bylaw calls for a similar fine for playing a musical instrument or offering some kind of other live musical performance.

The rules also prohibit riding a unicycle on a bus or transit property.

METRO

Egging

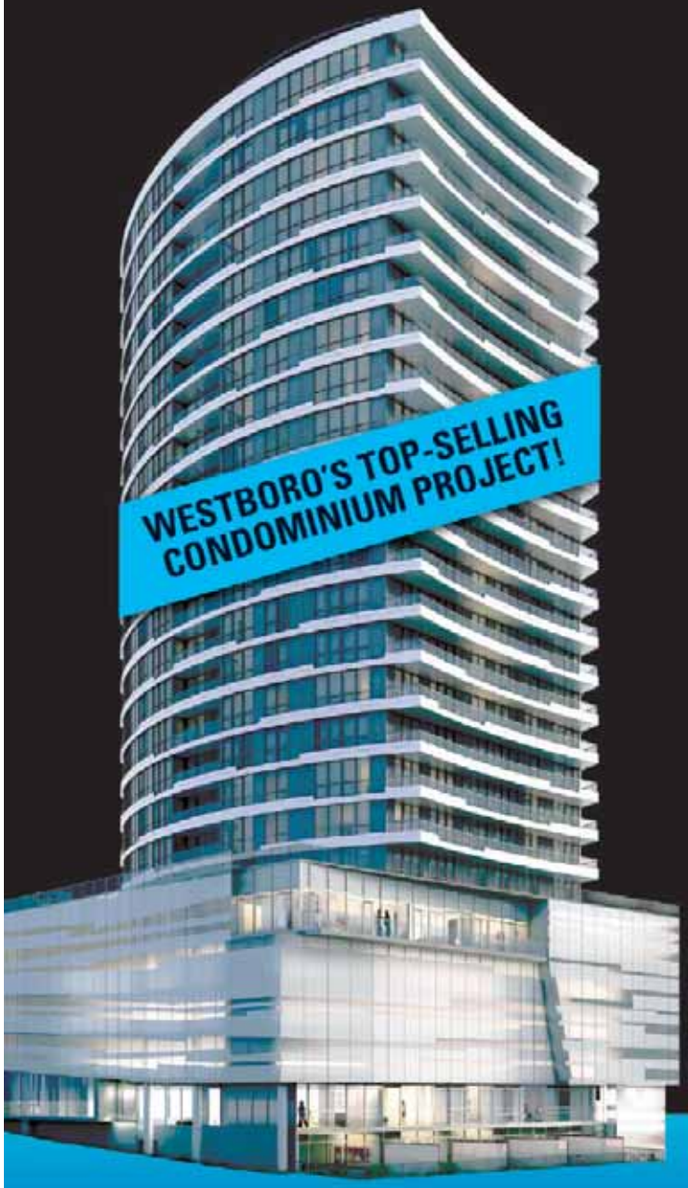
Bieber gets two years' probation

Justin Bieber has pleaded no contest to a misdemeanour vandalism charge for throwing eggs at a home in his Calabasas neighbourhood, and he's been sentenced to two years' probation.

Bieber was also ordered to pay $80,900 in damages, complete five days of community labour and a 12-week anger-management program, and stay away from the victim and his family for two years.

The Grammy-nominated singer was not present for the Wednesday arraignment at Superior Court in Van Nuys, Los Angeles.

THE ASSOCIATED PRESS



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Ole! Bull gores author who co-wrote guide to surviving Pamplona

San Fermin fiesta. The 32-year-old author from Chicago was a longtime participant in the Pamplona street party

Bill Hillmann is carried on a stretcher after being gored by a Victoriano del Rio bull in Pamplona, Spain on Wednesday. M.J. ARRANZ/THE ASSOCIATED PRESS

An American who co-authored the book Fiesta: How to Survive the Bulls of Pamplona, became a victim of a bull Wednesday when he was one of two men gored at the annual Spanish San Fermin festival.

Bill Hillmann, a 32-year-old from Chicago and a longtime participant in the nine-day Pamplona street party, was gored twice in the right thigh during one of the daily bull runs, organizers said on their website.

The injury was serious but not life-threatening, the Navarra regional government said in a statement.

A 35-year-old Spaniard man from Valencia was also in serious condition after being gored in the chest during the same run on the festival's third day, the statement said.

The six fighting bulls run along a 850-metre course from a holding pen to Pamplona's bull ring in a tense and dramatic few minutes immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

San Fermin is one of Spain's most famous fiestas and attracts thousands of foreign tourists every year.

Three other Spaniards who fell during the run were being treated in Pamplona hospitals. THE ASSOCIATED PRESS

Northeast U.S. rocked by thunderstorms

A downed tree lays atop a crushed car Wednesday in Philadelphia. Storms caused huge amounts of damage in parts of the northeast United States after severe thunderstorms rolled through several states. Four people were killed and four homes were destroyed in New York. Scan the photo with your Metro News App to see more photos of the storm's aftermath. MATT ROURKE/THE ASSOCIATED PRESS

New Mexico

Man cleaning car mistaken for thief

An American Indian artist says police in New Mexico pulled a rifle on him after his dog pooped in his SUV and a woman mistook his cleanup efforts for a burglary.

According to a police report, the officer detained Mateo Romero when a woman reported a burglary in progress at her home. THE ASSOCIATED PRESS

Wayne County

Soccer player faces murder charge

A Detroit-area soccer player, accused of killing a referee with a punch to his neck, was charged Wednesday with second-degree murder.

The charge against Baseel Abdul-Amir Saad was announced eight days after John Bieniewicz, 44, died from his injuries. Saad, 36, had been charged with assault before Bieniewicz died July 1. THE ASSOCIATED PRESS

Cook County

Jail visitor trapped inside for 30 hours

A visitor to Chicago's Cook County Jail was trapped inside for about 30 hours over the July Fourth weekend.

Jail executive director Cara Smith says the door closed, locking the visitor inside from about 6 p.m. Saturday until 1 a.m. Monday. Smith says the man pounded on the door, but its thickness muffled his efforts. THE ASSOCIATED PRESS

No. 1 and No. 2. U.S., China take small steps toward fighting climate change

China and the United States took small steps toward their shared goal of fighting climate change on Wednesday, but the world's No. 1 and No. 2 carbon emitters remain significantly apart over a wider global plan to cut emissions.

China's chief climate official, Xie Zhenhua, said China should not be subject to the same rules for greenhouse gas emissions as the United States and other rich countries, signalling that Beijing will oppose any attempt to impose them at next year's world climate conference.

"We are in different development stages, we have different historical responsibilities and we have different capacities," Xie told reporters.

The U.S. special envoy, Todd Stern, said Washington favours every country deciding what it is capable of doing, instead of being categorized either as a developed country or a developing country in deciding how much a country should contribute to reduce climate change.

U.S. Secretary of State John Kerry speaks during a joint session on Climate Change issues with Chinese officials in Beijing Wednesday. ANDY WONG/THE ASSOCIATED PRESS

Asked how receptive the Chinese were to this idea, Stern said: "It's one of those conversations that just goes on and on, doesn't stop."

THE ASSOCIATED PRESS

West Africa

Experts: Ebola outbreak not right for testing vaccines

The largest Ebola outbreak in history is defying the containment efforts of affected countries and international response teams, leading to calls from some quarters to use experimental drugs or vaccines to try to stop the deadly virus.

But a number of experts say deploying untested tools in the current West African outbreak could be disastrous.

THE CANADIAN PRESS

Testing?

N. Korea again firing missiles into sea: S. Korea

North Korea launched two short-range ballistic missiles Wednesday morning into the sea off its east coast, a South Korean defence official said, in a continuation of a recent series of missile and rocket test launches.

The missiles were fired from the southwest Hwanghae province and flew across the country before landing in the ocean, the official said.

THE ASSOCIATED PRESS

A road is submerged by an overflowing river following a typhoon in Yomitan, Okinawa, Wednesday. A powerful storm slammed through the southwestern Japanese island of Okinawa, leaving at least 28 people injured and 63,000 homes without power before swerving toward the bigger island of Kyushu on Wednesday. RYUKYU SHIMPO VIA KYODO NEWS/THE ASSOCIATED PRESS

Storm threatening Japan's major cities

Typhoon Neoguri downgraded. At least 32 injured and two dead; storm may hit Osaka, Kyoto and Tokyo

A strong storm swerved toward Japan's heavily populated main islands Wednesday after slamming through the southern islands of Okinawa, where it dumped heavy rain, knocked out power and injured at least 32 people. The storm also elevated rainfalls in other areas of the country, leaving two people dead.

Typhoon Neoguri was downgraded to a storm by late Wednesday after losing strength. But it toppled trees, flooded cars and bent railings in Okinawa, which experienced its heaviest rainfall in a half century, according to the Okinawan government.

One of the biggest storms to hit during Japan's summer, Neoguri was forecast to hit Kyushu island Thursday. Then it could possibly hit the major cities of Osaka, Kyoto and Tokyo while travelling across the main island of Honshu.

Kyushu's Fukuoka prefecture issued warnings for strong winds, high tides and heavy rains, and advised people to stay indoors as much as possible. In central Japan, rainfalls were elevated by the storm and caused floods and landslides, killing two people. In Fukushima, an 83-year-old man fell into a swollen river and died, while a landslide knocked out a house in Nagano, leaving a family of four underneath debris.

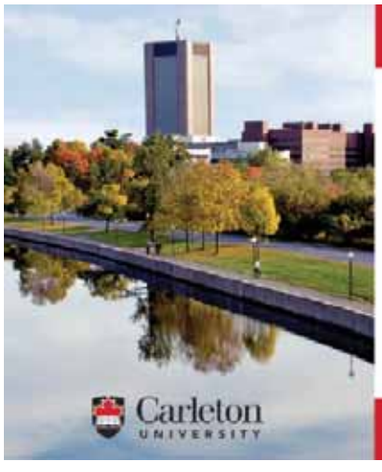
The torrents of rainfall expected could trigger more landslides and floods. Much of eastern Japan was at risk of lightning and tornadoes.

THE ASSOCIATED PRESS

Without electricity

105K

On Okinawa, nearly 6,000 homes were still without power late Wednesday. At the storm's peak Tuesday, more than 105,000 homes were without electricity.



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Iraq sectarian killings?

50 bodies dumped south of Baghdad

Iraqi officials discovered 50 bodies, many of them blindfolded and with their hands bound, in an agricultural area outside a city south of Baghdad on Wednesday, raising concerns over a possible sectarian killing amid the battle against a Sunni insurgency.

The bodies, all of them with gunshot wounds, were found in the predominantly Shiite village of Khamissiya outside the city of Hillah, located some 95 kilometres south of Baghdad.

The dead were all men between the ages of 25 and 40, and it appeared they had been killed a few days earlier and then dumped in the remote area. Most had bullet wounds in either the head or the chest.

THE ASSOCIATED PRESS

Syrian conflict

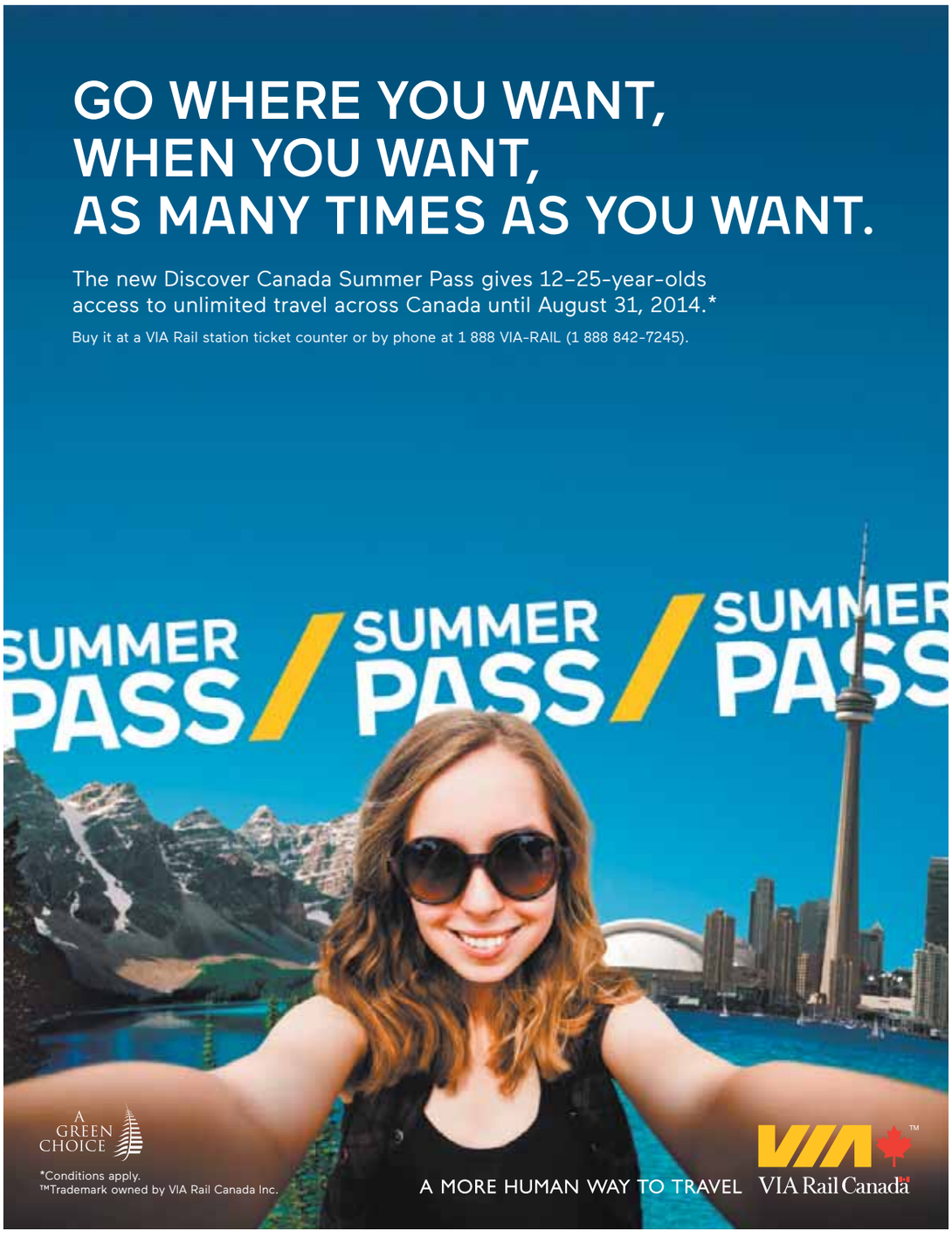
Rebels kill 14 in village: Reports

Syrian rebels rampaged through a Sunni village in the province of Hama Wednesday, firing indiscriminately at civilians and killing 14 people, including seven women, state media and opposition activists said.

State news agency SANA said an "armed terrorist group" was behind the dawn attack on the village of Khatab, located 10 kilometres northwest of the provincial capital.

Britain-based Syrian Observatory for Human Rights — which documents the violence in Syria through a network of activists on the ground — said the rebels accused the village's Sunni Muslim inhabitants of "cooperating with the criminal regime"in Damascus.

THE ASSOCIATED PRESS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A Palestinian boy plays Wednesday in the rubble of a house destroyed a day earlier in an Israeli strike in the town of Beit Hanoun, northern Gaza Strip.

KHALIL HAMRA/THE ASSOCIATED PRESS

Israel hits 200 Hamas targets

Gaza Strip. Israeli leaders warn ground invasion could be imminent

Israel stepped up its offensive on the Hamas-run Gaza Strip on Wednesday, pummeling scores of targets and killing at least 22 people.

The military said it struck about 200 Hamas targets on the second day of its offensive. Militants, however, continued to fire rocket salvos deep into Israeli territory, and Israel mobilized thousands of forces along the Gaza border ahead of a possible ground operation.

The fighting stepped up as Egypt, which often serves as a mediator between Israel and the Palestinians, said it was in contact with both sides to end the violence. It was the first indication since the offensive was launched on Tuesday that ceasefire efforts might be under way.

Israeli leaders signalled a weeks-long ground invasion could be quickly approaching

"Despite the fact it will be hard, complicated and costly, we will have to take over Gaza temporarily, for a few weeks, to cut off the strengthening of this terror army," Yuval Steinitz, Israel's intelligence minister, told Israel Radio. "If you ask my humble opinion, a significant operation like this is approaching."

Since the offensive began Tuesday, Israel has attacked at least 560 sites in Gaza, the military said. Militants have fired more than 160 rockets at Israel.

THE ASSOCIATED PRESS

Rocket strikes

The increasing range of the rockets from Gaza has disrupted life across a wide swath of southern and central Israel, where people have been forced to remain close to home and kindergartens and summer camps have been forced to close.

- Besides firing toward Israel's two largest population centres in Tel Aviv and Jerusalem, Hamas also fired one rocket that reached the northern Israeli city of Hadera for the first time, effectively putting the entire country under rocket range from the north and south. The city was struck in 2006 by missiles from Hezbollah guerrillas in Lebanon.

Is your 'hood making you into a fatso?

Canadian study. Shows people living in areas with more fast-food joints have higher BMIs

A new study suggest neighbourhoods with a high number of fast-food restaurants are no place for the weight-conscious.

The research reveals that the average body mass index of Canadians living in areas with a high density of fast-food outlets is higher than the average BMI of people who live in neighbourhoods with more full-service restaurants.

The study was conducted by scientists at the University of Western Ontario, in London, and published in the Canadian Journal of Public Health.

Some earlier studies done in the United States have revealed similar findings, but the authors say this paper is the first to show the possible link in the Canadian context.

The study mapped areas across the country, comparing the average BMI of people in particular locations to the density and type of restaurants in those neighbourhoods.

A study of this type cannot prove cause and effect, so the researchers cannot say that living around fast food restaurants is contributing to the higher weights of people in those areas.

The authors suggest the information could be used to help frame public policy aimed at addressing the obesity epidemic. For example, municipal zoning bylaws could be put in place to regulate the number and density of fast food restaurants in neighbourhoods or even ban them outright in some areas, they suggest. THE CANADIAN PRESS

Duck of justice joins the fight against crime

In this July 6, 2014, photo released by the Bangor Police Department, the department's stuffed "duck of justice" greets the sunrise from atop a police cruiser in Bangor, Maine. The mascot, a wood duck that had been stuffed by a taxidermist and rescued from a trash compactor, has attracted more than 20,000 likes on its departmental Facebook page, and is being used as a new way of engaging with the public.

BANGOR POLICE DEPARTMENT/THE ASSOCIATED PRESS

Impromptu pizza party

Airline passengers treated to Domino's during delay

Faced with potentially hungry — and grumpy — passengers, a Frontier Airlines pilot treated them to pizza when storms diverted a Denver-bound flight to Cheyenne, Wyoming, where the plane was stuck for a couple of hours.

Cheyenne Domino's Pizza manager Andrew Ritchie told The Associated Press that he got a call about 10 p.m. Monday just as he was about to send employees home. Ritchie said pilot Gerhard Bradner told him he needed to feed 160 people — fast.

"I put my hand over the phone and I said: 'Guys, you're coming back,'" Ritchie said. In all, Ritchie said his crew made about 35 pizzas and delivered them to the airport. THE ASSOCIATED PRESS

In this photo taken Monday, a Frontier Airlines flight attendant passes out pizza to passengers. LOGAN MARIE TORRES/THE ASSOCIATED PRESS

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NBA's No. 1 draft pick doesn't pick No. 1 sports brand

Andrew Wiggins. Canadian basketball phenom opts for underdog Adidas over powerhouse Nike

Andrew Wiggins will wear Adidas with the Cleveland Cavaliers.

The No. 1 overall pick in the draft, Wiggins wore the apparel company's gear while starring last season for Kansas. He chose to stick with Adidas rather than sign with a rival such as Nike in what's being called "an unprecedented partnership."

The deal announced Wednesday is believed to be worth more than $2 million per year.

Twitter

"Been waiting for this day. Happy to be joining the @adidashoops fam!"

Andrew Wiggins, the No. 1 overall pick in the 2014 NBA draft, in a tweet about his new shoe deal

"Joining the Adidas family is a blessing and an honour and I am extremely excited for what lies ahead," Wiggins, from Vaughan, Ont., said in a statement.

Adidas owns a fraction of the marketplace at about three per cent, according to retail tracking firm SportsOnceSource, while Nike dominates at close to 95 per cent with help from its Jordan brand. But the move to sign Wiggins signals a bold move by the German company to build its basketball business around young, up-and-coming stars.

Wall and Lillard, for example, were both first-time all-stars this past season. The move also represents a level of comfort for Wiggins, who tweeted out a photo of himself Wednesday wearing an Adidas shirt and a KU cap. The Jayhawks have worn gear from Adidas since 2005, which means Wiggins wore their shoes and apparel during his only season in college.

"Been waiting for this day," Wiggins said in his tweet. "Happy to be joining the @adidashoops fam!"

THE ASSOCIATED PRESS

Seems Sega is still around, and so is Ripley

This video game image provided by Sega shows the character Ellen Ripley, voiced by Sigourney Weaver, in a scene from Alien: Isolation. Weaver, who portrayed unflappable officer Ellen Ripley in the Alien film franchise, is reprising her role for the upcoming video game, set after the events of the original 1979 film. "I had to start with this sort of sign-off, 'This is Lieutenant Ripley of the starship Nostromo.' You know, that paragraph. I felt like no time had passed ... If anything, it was more affecting to me to read it again 35 years later," Weaver told The Associated Press during a recent interview.

SEGA/THE ASSOCIATED PRESS

Broke records

Brazil's epic defeat a GOAAAAAL! for social media

Germany's stunning 7-1 World Cup semifinal win over Brazil triggered record-breaking activity on social media. TORSTAR NEWS SERVICE

Market Minute

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HE SAYS

John Mazerolle
metronews.ca

I don't want to alarm anybody, but the latest sign of the apocalypse is upon us: I made dinner, all by myself.

The ancient texts are clear about the unusual sights that will greet the final days of mankind: Rivers will run with blood, the sky will turn black, and John Mazerolle will make a nice beef stroganoff, served with red wine and a store-bought apple tart.

Behold! Tremble!

Preparing a meal might not seem like a cosmic event to you, but for a culi-nary like myself it was at the very least a moment of historical significance — up there with the fall of the Berlin Wall or that time Picard joined the Enterprise senior staff for their poker game.

For the first time in my life, I made an honest-to-goodness meal.

Like, with ingredients and measuring cups and everything. No misspelled food like X-Treem Kreem Cheez. No microwave. Not even a single package of powder to sully the fingertips.

What drove me to such a strange place? Well, I'd like to have children some day. And as much as I'd like to buy 10,000 boxes of Pizza Pops and say, "See you when you're 18!" I figure I should learn to make meals so that my kids can tell me how they'd rather starve than eat the disgusting garbage I make.

You know, like a normal family.

Cooking is such an unusual activity for me that when I called my dad to ask what makes a good corn-oil substitute I could hear his confused blinking over the phone. When the realization of what I was planning to do dawned on him, he panicked.

As far as he was concerned, I'd just said, "Hey Dad! Found a landmine at the beach and was planning to rip her open. Should I use a chisel or go right at 'er with the hammer?"

He wanted to know if my girlfriend would be around to help (i.e. put out fires), or if maybe I'd prefer to make Hamburger Helper, or have an apple.

If it had been a movie, he'd have appeared from the future covered in beef stock telling me not to make the dish, lest humanity be destroyed. It was all very encouraging.

But I forged on, and **learned a few important culinary tips** along the way. For instance:

* **Onions** come in at least two colours (yellow and white).
* There is **prepared mustard**, though I'm not sure what it knows that the other mustard doesn't.
* **Hot oil** applied liberally to your thumb will burn your thumb. Who knew?

And imagine my surprise when I learned that cooking in the kitchen was pretty fun. I was actually chuckling with glee over my creation, not unlike Dr. Frankenstein if he had made dinner.

So if there are any laggards like me in the reading audience, I say put your fears or embarrassment aside and make some beef stroganoff. Or even some other meals, presuming they exist.

If you don't do it for yourself, then do it because this could be your last meal. The End Times are upon us.

SHOPPING FOR AIR QUALITY

A cyclist passes buses and taxis in Oxford Street on Wednesday in London, England. Researchers have found that concentrations of nitrogen dioxide on Oxford Street are the worst on Earth. PETER MACDIARMID/GETTY IMAGES

Oxford Street air dirtiest on Earth, scientists say

London, England's Mayor Boris Johnson is under pressure to take drastic action on air pollution, after scientists discovered that Oxford Street is now the most polluted street in the entire world.

The mayor has previously dismissed air pollution levels in London as "perfectly fine."

However, monitoring stations on London's Oxford Street have discovered levels of nitrogen dioxide (NO_2) at up to 10 times the legal limit.

Scientists at King's College London said levels of the gas, caused by diesel vehicles, were now even higher than those found in Beijing. The toxic gas causes breathing difficulties and has been linked to increases in premature deaths and hospital admissions. POLITICS.CO.UK

Quoted

"To my knowledge this is the highest in the world in terms of both hourly and annual mean." David Carslaw, researcher

Why so high?

The problem with Oxford is the sheer number of diesel buses travelling (or, more likely, standing still with engines going) and that the street's a "canyon" — tall buildings set fairly near the road so fumes can't dissipate easily.

- Modern diesel engines emit more NO_2 than petrol, and London has been switching to diesel to lower CO_2 emissions.

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metro AR

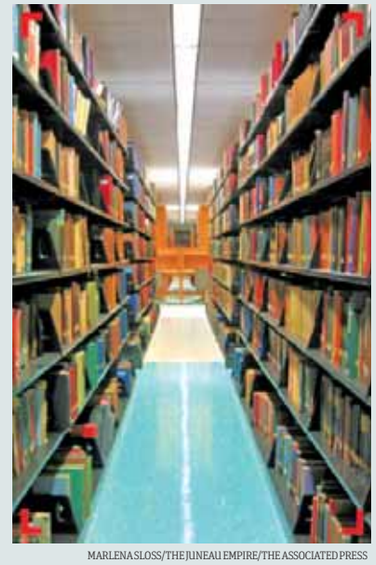
MetroTube

The penultimate book-sorting machine

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's becoming more and more difficult to resist a link that promises rare looks captured by a Phantom drone. Like this clip, shot inside the New York Public Library's massive Queens book-sorting machine that serves as a hub for requested transfers between the NYPL's many branches.

BUT! You can see we're in the nascent days of DIY drone documentary-making. The flight is a little wobbly, and the pilot seems more interested in dizzying POV adventure than capturing what's happening. But as mentioned, these videos and the glimpses they provide are getting tough to resist. (Nate Bolt/Vimeo)



MARLENA SLOSS/THE JUNEAU EMPIRE/THE ASSOCIATED PRESS

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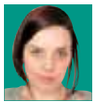
SCENE 2

New photography start-up offers view from the top

Topview Camera. Launching a drone photography company means dealing with restrictive regulations



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

The Ottawa Dragon Boat Festival as seen by Topview Camera's drone. TOPVIEW CAMERA

A local photography start-up is hoping to attract customers looking for professional photos that capture a unique and previously unattainable point of view.

Topview Camera is a soon-to-be-launched drone photography company run by brothers Dinesh and Kathees Anandavel. They fly a drone equipped with a high-definition camera that takes stunning photos from hundreds of feet in the air. Theses types of drones, also known as unmanned aerial vehicles, are controlled by wi-fi, a joystick and a mobile app.

"It's like driving a remote-controlled car or playing a video game," says Dinesh.

"There's a live feed from the drone to the remote controller, which is tied to an app on a phone so we can see pictures and video that we're taking."

Shaking up the industry

"I think it's really going to change how professional photographers work because it gives a new angle."

Dinesh Anandavel, co-founder, Topview Camera, on drones

Aerial photography started years ago as a sort of hobby culture with people attaching cameras to various flying objects, like kites, hot air balloons and even carrier pigeons. These days, the technology is much more advanced and easily accessible.

"I think it's really going to change how professional photographers work because it gives a new angle," Dinesh says.

For any entrepreneur, launching a new business is a gruelling process, but, because of their company's use of drone equipment, the Anandavels have to deal with a number of unique additional hurdles.

Their drone is regulated by Transport Canada, a requirement for UAVs as stated by the Canadian Aviation Regulations. But those regulations, the brothers say, don't cover anything that's not commercial, meaning a hobbyist could purchase a drone and fly it around almost anywhere they want, which is clearly a safety and privacy concern.

Just last week, the Mounties were called in after a drone was spotted flying back and forth along a runway at the Vancouver International Airport in a stunt an RCMP spokesperson has referred to as "incredibly dangerous and incredibly stupid."

The brothers say situations like that make the process of getting their business off the ground that much harder.

"Every time this happens, especially within Canada, there's a lot of pressure to come up with new regulations and they tend to be very restrictive and, at least from a business perspective, it's very hard to operate under that amount of restrictions," says Kathees.

While they await all of the necessary approvals to officially launch their business, the Anandavels have been testing out their drone camera all over the city. To see some examples of their work, visit topview.camera.

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The comedy gene runs in the family

Welcome to Sweden. Amy Poehler's brother finds the funny side of his life in Scandinavia

Seated at a dinner table surrounded by his girlfriend's relatives on his first day in Sweden, Greg Poehler couldn't help thinking that his experience in culture shock might make a good television show or movie someday.

Flash-forward 14 years and that instinct proved true. The couple married, moved to Stockholm six years after that initial visit and have three children. And Amy Poehler's younger brother, 39, is now the writer, producer and star of NBC's summer comedy Welcome to Sweden, premiering Thursday (9 p.m. EDT).

The understated romantic comedy changes some details: Greg was a lawyer and his character, Bruce, manages money for stars like Amy Poehler and Will Ferrell; Bruce's in-laws are nuts and Greg's are normal. But many of the details, like the struggle with a language barrier, are straight from Poehler's life.

"When I was writing the show, I realized that my own life was a little bit too well-adjusted and happy for us to do a true story," he said. "No one wants to watch a show where a guy moves somewhere and everything goes great, the family is very supportive. It's good for your life. It's not good for a sitcom."

His goal was a show with equal appeal for both markets, one that would feel like an American show to Swedes and like a quirky Swedish show to Americans.

The first part worked. Poehler made the show primarily in Stockholm with Swedish actors for Swedish television, and the 10-episode season was considered a hit when it aired starting in March.

NBC had expressed interest in the idea prior to the series being made, but didn't agree to schedule it until after the full season successfully aired in Sweden. No matter what happens this summer on NBC, success in Sweden ensures a second season will be made.

The premiere features Poehler's sister as a self-absorbed star who fires Bruce as he tells her he's quitting his job to move to Sweden.

Greg Poehler had considered following Amy into show business until, as a 19-year-old, he visited for a weekend as she performed with a comedy troupe in Chicago. He was blown away by how good everyone was and figured he could never reach that level. Considering Amy's colleagues that weekend included Tina Fey, Stephen Colbert and Steve Carell, perhaps he was a little hard on himself.

He took another path, marrying a fellow New York lawyer with Swedish roots. An unscratched itch led him to try performing at a Stockholm comedy club two years ago. It went well, leading him to write the show.

Poehler acknowledges the benefits of having a successful sibling; he figures even Swedish TV producers gave him the benefit of the doubt knowing the bloodlines (Amy is an executive producer, and called on friends like Ferrell for cameos).

At the same time, it adds pressure. Welcome to Sweden relies more on character development than steady wisecracks, and more often than not his character is a straight man to others.

Asked when he finally felt at home in Sweden, Poehler said he hasn't yet. Even with support, there are challenges to fully assimilating into another culture, as immigrants of all generations know. Poehler said he didn't want to shy away from this in the series. THE ASSOCIATED PRESS

All the best lines

"I cringe a little bit when I hear people say, 'He's not as funny as his sister' in this role. I gave her all the funny lines, as a good younger brother should."

Greg Poehler, writer, producer and star of NBC's summer comedy Welcome to Sweden, which features real-life sister Amy Poehler

Greg Poehler as Bruce Evans from the comedy series Welcome to Sweden.
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Getting in touch with his simian side

Monkey see, monkey do. Planet of the Apes motion capture man talks about living the ape life

Terry Notary has played everything from goblins in The Hobbit to a banshee in Avatar. THE ASSOCIATED PRESS

Terry Notary is Hollywood's human shape-shifter. In a blink, he can become an elf, an ape or almost any other moving creature.

An expert in motion-capture performance, he specializes in bringing non-human characters to life on screen. He's played goblins in The Hobbit, a Who in How the Grinch Stole Christmas and a winged, dragon-like banshee in Avatar.

In Dawn of the Planet of the Apes, opening Friday, Notary plays more than 100 primates. He also taught the film's stars and stuntmen how to 'ape'.

"He's like an ape Zen master," said director Matt Reeves. "He lives in every frame that has an ape in it."

Notary demonstrated his technique during a recent visit to the Hollywood dance studio he uses to prepare for films. The compact, muscular father of four visibly transforms as he describes how apes are gut-driven and grounded. His stomach softens, his neck and shoulders slouch, his lower jaw protrudes. His eyelids drop slightly as his eyes take on a present yet far-away quality.

He grunts and howls before springing from his chair and breaking into a quadruped run. He bounces around the empty studio on all fours, with "arm extensions" he developed allowing him to mimic ape-like movements. He stops suddenly, as though he's spotted a threat, and becomes even more animated, emitting loud wails of distress.

Then he's back to being human again to talk about the process. Notary aspired to compete in the Olympics while training as a gymnast at UCLA but then found work with Cirque du Soleil after graduating with a theatre degree. He came to Hollywood as a stuntman and from there, developed into a sought-after movement coach for motion-capture shots, where actors are wired and their movements captured electronically for the building of computer-generated imagery.

Quoted

"He's like an ape Zen master. He lives in every frame that has an ape in it."

Dawn of the Planet of the Apes director Matt Reeves on Terry Notary

He created the lithe, long-limbed motions of the Na'vi in Avatar, taught the Silver Surfer how to ride in Fantastic 4: Rise of the Silver Surfer and went ape in three films, starting with Tim Burton's Planet of the Apes in 2001. (He performed stunts in all as well.) "I'm a good observer of movement and behaviour," the 45-year-old said. "That's what my talent is, I think."

He begins with an image of the character. For imaginary creatures, he might picture objects from nature. When conceptualizing the Na'vi, for example, he thought of reeds swaying underwater, gracefully at ease with the energy around them. For a goblin, he thought of a piece of crumpled tin foil.

"If you throw it, it has hard edges," he said. "It's not going to be predictable. It's going to be edgy and sharp and not have any root."

To develop ape expertise, Notary hung out with a couple of chimps and spent a lot of time watching primates at the zoo, videotaping and studying their behaviour. "I just took every little video I could and dissected it into moments," he said. "And I just always watched the videos as though I was watching a person in an ape suit, playing an ape. It made me realize ... it's all in the subtleties."

Notary had six weeks to put the actors and stuntmen starring in Dawn of the Planet of the Apes through his ape training. The first step? Shed preconceptions and human conditioning and just "be." "It's not about doing anything, it's about undoing," he said. "If you can start to get back to the base, neutral animal that we are, you're an ape." THE ASSOCIATED PRESS

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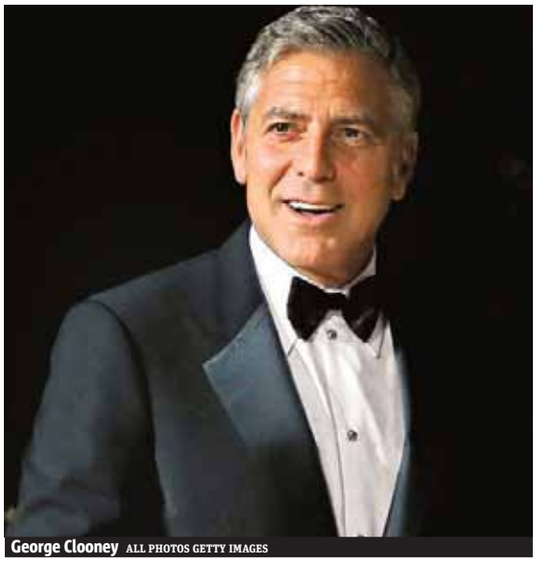

George Clooney ALL PHOTOS GETTY IMAGES

Clooney slams 'dangerous' claims that fiancée's mother opposes marriage

Britain's Daily Mail newspaper apologized to George Clooney on Wednesday for alleging his fiancée's mother opposed the marriage on religious grounds — a story Clooney called both wrong and irresponsible.

Clooney is engaged to Beirut-born London lawyer Amal Alamuddin, whose father Ramzi belongs to a prominent Druse family. The Druse are adherents of a monotheistic religion based mainly in Lebanon, Syria and Israel.

Citing unnamed family "friends," the newspaper's MailOnline website reported this week that her mother, Baria Alamuddin, wanted her 36-year-old daughter to marry a Druse man. It said Amal Alamuddin risked being "cast out of the community" if she wed Clooney, and claimed several women had been murdered for not abiding by strict Druse rules.

Clooney called the story "completely fabricated."

In a statement issued to USA Today, Clooney said that "to exploit religious differences where none exist is at the very least negligent and more appropriately dangerous."

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Would you let Courtney teach your preschoolers?

NED EHRBAR
Metro in Hollywood

You know what your television needs more of? Courtney Love. The singer and loveable crazy-pants will be guest-starring on the next season of Sons of Anarchy, according to TVLine, playing a … preschool teacher.

I mean, sure. It's not like Love is a novice actor or anything, since she's done all right for herself in movies like The People vs. Larry Flynt, Man on the Moon and Sid and Nancy. Oh, and 200 Cigarettes, if anyone remembers that flick. But … a preschool teacher? All right, if you insist, Sons of Anarchy.

The seventh and final season of the show will also feature Marilyn Manson, so clearly they're working on a theme here.

Twitter

@DanaDelany
I have learned that mentioning abortion, gun control, climate change will lose you followers. And I'm forgetting the fourth....

@lenadunham
Ladies, some of you seem confused about how to keep a secret and I have a tip: just don't tell anyone.

@rickygervais
This won't be the first time that thousands of Germans will have to lie low in Brazil for a while for their own safety.

Eva Mendes and Ryan Gosling

A baby Gosling? Blogosphere abuzz with pregnancy rumours

Hollywood's hottest couple may be expecting. OK! magazine reports that Eva Mendes is seven months pregnant with Ryan Gosling's baby, according to a source close to Mendes.

"She's been ready for motherhood for a while now and to be sharing this experience with Ryan is a dream come true for her," the insider tells the magazine.

Ironically, Gosling and Mendes met on the set of The Place Beyond The Pines, in which they played parents. They've been dating off and on for over three years. Neither has commented on the pregnancy, even though the blogosphere is starting to buzz with the news.

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LIFE 3

PLUS HOMES

Picture this: 30 degrees outside, a stressful day at work, an errand to run across town before your friends want to meet at the bar. You're already hot and sticky. The last thing you want is to make your outfit "evening appropriate" by piling on accessories in the back of a cab. We round up the must-have accessories that will dress you up in one simple, stylish step.

EMILY LAURENCE
Metro World News

5 Mid-summer must-haves

Bun beautifier

A 5-minute wait for the subway can turn your perfectly styled hair into a frizz-fest. Get it off your neck while actually making your hair look good by pulling it up and a bun and securing it with a floral top knot holder. You'll look bohemian-cool in 2-minutes flat.

Top Knot Holder, $12
URBANOUTFITTERS.COM

Irresistible earrings

Jewelry that's a mix of punk and glam makes enough of a statement where you only need one piece. These earrings by Uribe are a little pricey, but we guarantee you'll get loads of compliments and since they're so simple, you'll wear them again and again.

Uribe Gold Earrings, $185.64
MY-WARDROBE.COM

Birkenstock Arizona Sandals, $120
SHOPBOP.COM

Bohemian Birks

You don't have to be into normcore to pull off Birkenstock – seriously! Pair these with a maxi or sundress and you'll be both comfortable and cute.

Stop-traffic sunnies

Stand out in the Ray-Ban wearing mass with these funky frames. This is the stuff street style photos are made of.

Quay Penelope Sunglasses, $47.
ASOS.COM

Sensational scrunchies

This is another life-saving hair accessory. To avoid looking like Kimmy off of Full House, opt for a bun instead of a ponytail. The colour and shimmer will make it the standout piece of your whole look.

Sequin Hair Scrunchie, $12
TOPSHOP.COM

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Jessica

Age:21

Occupation: Bartender

What she's wearing:

Hunter boots, H&M shorts, Brandy Mellville shirt, Forever21 army jacket, Longchamp purse.

Her inspiration:

"Both Alexander Wang & Alexander McQueen inspire me. I like being comfortable; I'd say my style is a little grungy."

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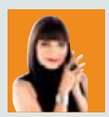

JEANNE SPACE
Jeanne Beker
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@jeanne_beker: Beauties on parade @ShangriLATO #oasisatshangrila @VitaminASwim

From bottle stopper to hit with the shopper

"In the '20s and '30s, architects discovered cork and it was the perfect material for modernism because it was clean and it was very different," says Daniella Ohad, a home design historian. ARMANDO FRANCA / THE ASSOCIATED PRESS

Functional and fashionable. Cork is enjoying a trendy moment in handbags and shoes, shoes, shoes

Embraced by some progressive furniture makers decades ago and a staple in housewares, cork has found a larger place among shoes, handbags, jewelry and other fashion accessories.

Designer Elaine Turner is a proponent of cork, which is renewable, feather light and water-resistant. So is Ingrid Heinkel, who imports cork accessories ranging from men's wallets to a woman's backpack in a tiger stripe design.

Cork is popping up in umbrellas, simple apparel items like shawls, watchbands, bracelets, necklaces, hats, belts, golf bags and shoes, shoes, shoes — moccasins, flip-flops and Superga sneakers with neon flecks to Jimmy Choo wedges and Badgley Mischka stilettos.

And we're not just talking soles and shock absorbent footbeds. We're talking uppers in double straps and gold tips from Turner and vibrant colour combinations in slides, though cork is often left in its raw, recognizable state.

"I think we're in a very natural vibe right now, and a very green vibe. Cork works with that. It's just something unique. This season it has really hit its high point," said Alison Minton, who blogs about accessories at Accessorygeneration.

While Minton sees cork as a seasonal item for spring and summer, Heinkel went so far as to declare: "Cork is the new leather." Farfetched? In a recent interview, she called cork in accessories an emerging market.

"I think that it's on its way to becoming something permanent in the marketplace," Heinkel said from Amelia Island, Florida. "I used to live in Spain, and I found the handbags on a weekend in Portugal, and I'm having a lot of fun with it. I used to go to the trade shows and I would have to kind of bang the drums to get people's attention and explain, but now it has its own momentum."

Have cork, will travel

"It's very malleable so it translates easily on handbags and shoes. And it's highly durable. There are no issues with fraying or pulling apart like the raffia. People love it for travel."

Elaine Turner, designer

Spas and the shops of wineries and museums are big customers for Heinkel, but her most popular item online at Shopcorkdesign is a hobo handbag in a natural blond grain.

Turner, fond of natural materials that also include raffia, started using cork about seven years ago to further her tropical vacation esthetic.

"We started making bags and shoes out of it and it instantly was popular. It's probably our No. 1 material for spring every year," she said. "It's a neutral and very versatile."

Turner uses a manufacturer in Spain, a part of the Mediterranean where most of the cork supply comes from.

"It's very malleable so it translates easily on handbags and shoes. And it's highly durable. There are no issues with fraying or pulling apart like the raffia. People love it for travel," Turner said. "It's also cost-effective."

Daniella Ohad, a home design historian, estimated that 60 per cent of all cork production is for the wine industry, though the World Wildlife Fund has warned that plastic alternatives to cork wine stoppers may threaten cork oak forests of Portugal, Spain, Algeria, Morocco, Italy, Tunisia and France.

Cork is the thick outer bark of mature trees and fully regenerates over cycles of about 10 years, until quality falls off after seven cycles or so. Cork extraction is one of the most environmentally friendly harvesting methods, and cork production provides a sustainable livelihood for people in many parts of the world, according to the WWF. Portugal is the biggest producer and the primary source of diversification of cork into accessories.

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What do all these celebrities have in common? Their freckles! With this season's barely there makeup being a trend, go online to Trends Report to see what UK retailer Topshop has released to help you perfect that faux freckle look if you weren't born with them.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

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Is a Chanel maternity line happening?

Model Ashleigh Good concludes the Chanel Haute Couture in Paris arm-in-arm with Karl Lagerfeld in a maternity bridal gown. METRO

Here comes the couture. Karl debuts gown designed for the bride who's got a bun in the oven

Karl Lagerfeld is just full of surprises. As if sending Kendall Jenner down the runway wasn't enough to get people talking, the designer concluded his Fall 2014 Chanel Haute Couture show in Paris with a maternity dress.

To be fair, he only designed one maternity dress, and it is a maternity wedding gown. Not only that, he designed it for someone specific: model Ashleigh Good who modeled the dress, kissing Lagerfeld on the cheek at the end of the runway. The two are close friends and Ashleigh Good is currently seven months pregnant. The dress was well-received at the show. As you can see by the photo, Anna Wintour can hardly contain herself.

Good isn't the first person to wear a Chanel maternity bridal gown. Drew Barrymore wore a Chanel gown to her wedding when she married Will Kopel in 2012. But celebrity royalty is one thing. Wearing Chanel to your own shotgun wedding probably isn't going to happen anytime soon.

METRO

You make me feel like a natural woman

Vanessa Hudgens bans Photoshop in new campaign

These days, even the average person Photoshops photos of themselves – or at least adds a filter. But Vanessa Hudgens is over it. As the returning face of Bongo, which is sold at Kmart and Sears, the actress and the brand decided that all the campaign photos will be natural and unretouched. There will be no Photoshopping done at all.

"This is my second season working with Bongo and it's been such a treat. The clothes really make me feel carefree and confident, which is why I love that the final ad images are unretouched," says Hudgens. "It's so important for girls to remember that real beauty shines from within and I'm so proud that Bongo is choosing to send such a positive message with this campaign."

METRO

Go ahead, lick your fingers. We won't tell

Cookbook of the Week

Meet nature's coolest superfood

Coconut is rich in healthy fats, high in fibre and low in carbohydrates. It grabs the spotlight in Sasha Seymour's Coconut Every Day.

The book shows readers how to incorporate the superfood into 100 of their favourite everyday recipes.

It features coconut in all its forms — water, milk, oil, gluten-free flour, sugar and more — in everything from salads and soups to main dishes and desserts.

Among included recipes are Cauliflower Soup, Curried Chicken Salad, Shepherd's Pie, Coconut Cream Pie and more. METRO

Sticky Coconut-Glazed Chicken Wings. These tasty bites perfectly balance sweet and heat. Pair them with a side dishes for a meal

"Who doesn't love a slightly sticky, sweet and spicy chicken wing?" asks Sasha Seymour in her book Coconut Every Day: Cooking with Nature's Miracle Superfood, which points out that coconut is an ideal gluten-free alternative for those with dairy allergies and sensitives.

"A few of these served with some plain brown rice and kimchi coleslaw make a great meal, and you can substitute drumsticks and thighs if you prefer them over chicken wings for dinner."

1. Make the Marinade: In a large bowl, stir together coconut water and soy sauce. Add chicken wings, stirring to coat. Cover and refrigerate for at least 1 hour or up to 4 hours.

2. Make the Glaze: In a small bowl, combine tamari sauce, coconut sugar, coconut vinegar, and cayenne. Stir until well mixed.

3. Preheat oven to 400 F (200 C) (or preheat grill to medium-low and lightly oil grill).

4. Remove wings from marinade and roast on a parchment-lined baking sheet (or grill), flipping and basting wings with glaze about 4 times, until wings are cooked, 35 to 40 minutes. Let rest for about 10 minutes before serving.

RECIPES FROM COCONUT EVERY DAY: COOKING WITH NATURE'S MIRACLE SUPERFOOD. COPYRIGHT SASHA SEYMOUR, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

Ingredients

- 1 1/2 lb (675 g) chicken wings

For the marinade
1 1/2 cups (375 ml) unsweetened coconut water
1/4 cup (60 ml) soy sauce (gluten-free, if required)

For the glaze
1/4 cup (60 ml) tamari soy sauce (gluten-free, if required)
2 tbsp (30 ml) coconut sugar
1 tsp (5 ml) coconut vinegar
1/2 tsp (2 ml) cayenne pepper

This recipe serves two as a main course or four as an appetizer. KATHLEEN FINLAY

This recipe makes about 6 (1/2-cup/125 ml) pops. KATHLEEN FINLAY

Blackberry-Coconut Pops

"These pops are rich — more of a treat than a means of hydrating," writes Sasha Seymour in Coconut Every Day. "Blackberries aren't for all kids, so go ahead and change up the fruit.

"The refrigeration step is important, as the colder the mixture is when you freeze it, the less likely it is to form crystals.

"And don't leave out the salt — it brightens the flavours of the coconut milk and berries and brings out their sweetness."

1. In a large bowl, stir together coconut milk, agave syrup, salt, and lemon zest until well mixed. Stir in blackberries. Refrigerate for at least 1 hour.

2. Divide among popsicle molds. Freeze until firm, about 4 hours.

Ingredients

- 1 can (14 oz/400 ml) coconut milk
- 1/4 cup (60 ml) agave syrup
- 1/8 tsp (0.5 ml) sea salt
- Zest of 1/2 lemon
- 1/3 cup (75 ml) blackberries, raspberries, or blueberries

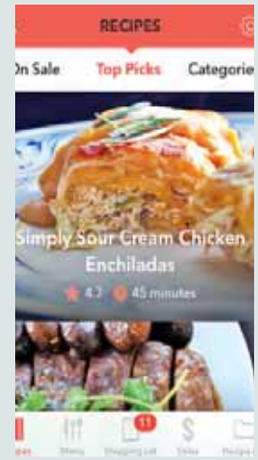
For your phone

Food.com Recipes (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

From more than 500,000 rated recipes, this app lets you organize a recipe box, generate shopping lists, and create meal plans.

A feature that collects store flyers, sadly, is US-only.



Makeshift dining in tight quarters

Turn on a dine. Stylish options for a tiny condo

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A reader asks: I am moving into a tiny condo and need occasional dining space that will seat 2-3 people. What are my options?

I suggest creating a multi-purpose area instead of dedicating space to a dining room that will rarely be used.

This will allow your dining space to do double or triple duty as a home office, an attractive display console or a storage area.

With a desk or console sitting against the wall, you can forgo hanging a light fixture and free up the centre of the room by not having to float a table in the middle of the space.

Instead of focusing on the centre of a dedicated dining space with a chandelier and rug, concentrate on the vertical wall of the dining area. A large mirror hanging over a desk or console table topped with potted orchids, and a decorative storage bench underneath creates an attractive vista to look at on a daily basis.

A vintage-style desk can double as a charming place for entertaining. Garment Factory Desk, $1300, RestorationHardware.com. RESTORATIONHARDWARE.COM

Slim pickins

Consider purchasing a slim desk or console to be used for occasional dining with guests.

- **When pulled out, it should be able to accommodate two to four people easily.**

Here are a few other ideas for maximizing a dining experience within your tiny condo:

Chairs

Consider using small-scale occasional chairs from your living room area as go-to dining chairs when needed.

There are also a lot of stackable dining chairs that can be stored in a closet until needed.

Purchase a few attractive outdoor chairs (often stackable) and bring them in from a balcony when needed.

Antiques

Like the look of antiques? There are many older furniture styles such as partner's desks, tilt-top tables and drop-leaf tables that can add old world charm yet survive in a small space. Blending antique looks within a modern apartment can make them look quite special.

Alternative options

Tray-style and tall end tables are an easy way to offer each guest their dining space while sitting in the dining or living spaces of your condo.

A library-inspired console can display books, plants and a laptop by day and seat dinner guests at night. Stanton Work Station, $600, bombay.ca. BOMBAY.CA

A saw-horse base in metal adds an industrial-chic look to a desk/dining table. Eiffel Desk, $800, urbanbarn.com. URBANBARN.COM

A tall side table offers up individual dining perches in the living room. VITTSJO stand table, $25, ikea.com. IKEA.COM

How to install a sliding storage unit on a garage ceiling

Clear away garage clutter with an easy-to-install overhead sliding storage unit. ISTOCK

DIY. Tidy a messy garage by building an overhead bunker for storage totes

Cleaning out a garage can be one of the most tedious household chores. But the simple solution to organizing the clutter might have gone right over your head. An easy-to-install, sliding storage unit packs equipment in a convenient overhead bunker, and can be constructed with basic building materials.

First, select a large, sturdy container, preferably a reinforced tote as the storage compartment. Building the storage unit will require 2x4s, plywood, a saw, a drill, a socket and ratchet set, a stud detector, and a level. Start by measuring the width of the tote's rim to determine how wide the rims of the sliding unit need to be. Measure and cut two sheets of plywood that are twice the width of the tote rim, plus another two inches to make room for a vertical 2x4 base. Centre the plywood pieces underneath two 2x4s, creating inside and outside edges that fit the tote rim. Cut plywood strips for the top of the 2x4s that are 2 to 3 inches wider than the bottom ones for added support. Ensure both pieces are centered, and fasten the frames together with two inch screws, spacing them evenly.

Use a stud detector to carefully mark support joists in the garage ceiling. Using a level, align the two pieces of the sliding frame on the ceiling. Measure and space them apart, so that the rims of the tote fit into the unit perfectly. Attach the shelf pieces to the ceiling with temporary screws, and check the placement of the frame by sliding the tote in. The rims of the tote should fit in as securely as possible, while still being able to slide. Drill four, evenly-spaced guiding holes through the frame pieces and into the joists, then use bolts to fasten it to the ceiling. Remove the temporary screws, and apply stopping screws at the ends of the unit to keep the container from falling out the other side. Be sure that the tote isn't too heavy (200 pounds is overcapacity), and that it can be reached from the garage floor.

Garage Gold

Get even more solutions for that stuff in your garage in a brand new season of Garage Gold, with back-to-back episodes Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

A room of understated beauty

Low-key luxe. Balance a subtle palette of neutral colours with a mix of rich textures and unique shapes

Paint your walls a bold colour and friends will likely praise your creativity. Invest in a standout piece of furniture or striking work of art and your decorating is bound to earn compliments. But creating a noteworthy room with subtle, understated elegance is a bit more complicated.

Understated style "rides the fine line between too sparse and too cold," says designer Brian Patrick Flynn, creator of the FlynnsideOut design blog. "A lack of objects makes a room feel unfinished, and a lack of colour can also read of lifeless."

But finding the right, subtle balance can be worth it. Although bold decorating has been in the spotlight for a while, a more neutral room, if well-designed, "will never become tired," Flynn says.

"Every once in a while, it's nice to have a space that's just simple and clean," he says.

How do you design a room that's low-key and beautiful, not bland and boring?

Soften every surface

Without warm, vibrant colours, you can create warmth in understated rooms by filling them with soft, elegant materials that look and feel appealing.

"Think of a camel cashmere sweater," says designer Betsy Burnham of Burnham Design in Los Angeles. "It's the simplest thing in the world," but it's timelessly beautiful and feels great.

Materials like cashmere, silk and "breathable fabrics such as linen or cotton blends" bring a sense of warmth and comfort, Flynn agrees.

He also recommends wood surfaces softened by whitewashing, smooth stone surfaces, and "broadloom carpet that adds texture and softness underfoot."

Use natural and artificial lighting for a soft glow. Sheer curtains can maximize daylight, while "in the evening, it's about lamps," says New York-based designer Jon Call of Mr. Call Designs. Place lamps to evenly spread light throughout the space, eliminating bright spots and dark shadows.

Flynn also recommends dimmers to control light precisely.

Compelling shapes

In a subtle room without busy patterns or bold colours, find other ways to create interest, Call says. One strategy is using objects with interesting or intricate shapes that draw attention to workmanship and creativity.

Burnham recently designed a bedroom with a large bed that featured beautiful wood carving, bringing some excitement to an otherwise subtle room. Flynn seeks out furniture with "interesting detail, such as fretwork or inlaid paneling."

Contrast and layer

Monochrome doesn't mean only one shade; mix a variety of tans, beiges and creams into a neutral room.

"I usually add several shades and tints of the same neutral tone throughout the space to give it depth," Flynn says.

Also use a variety of contrasting textures. Silk will maximize light, Call says, while materials like linen and cashmere absorb it. So use them together: Pair a linen sofa with silk pillows, for example, or a seagrass rug with a silk-covered chair.

"Think of what materials and shapes are missing, and then keep adding until they fit together like a puzzle," says Flynn. "The key to a well-balanced room is a mix of natural materials."

Eliminate what's not special

In a subtle but striking room, "everything you do use should mean something," Burnham says. "Either it's an interesting shape, or the finish is unusual or the fabric is so fine and special."

There are fewer items, but better ones. Your coffee table may be a neutral colour and simple material, she says, but "maybe it's a vintage coffee table that has this amazing provenance or patina."

Eliminate items that don't contribute much. If letting go of them is difficult, Burnham suggests this exercise: "For everything you bring in, you take two things away."

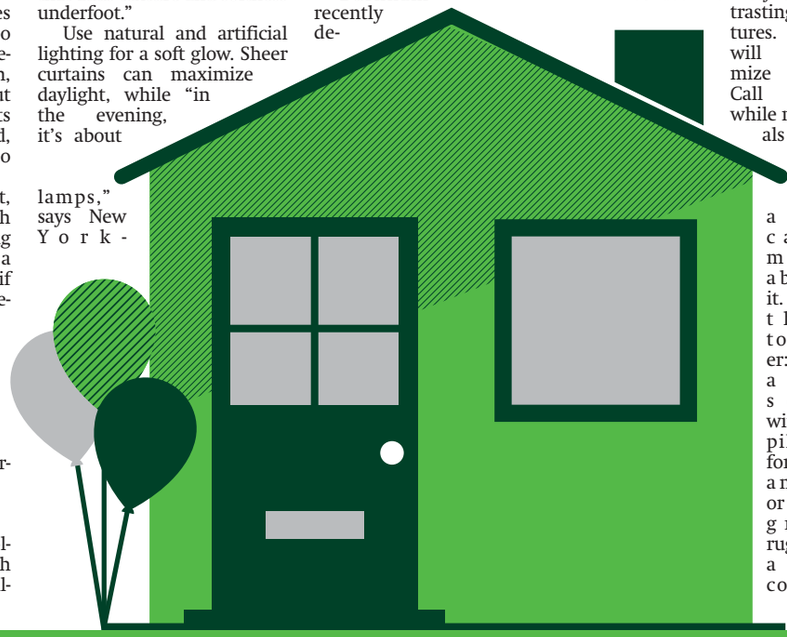
Flynn agrees: "Editing plays a huge role in understated rooms," he says. "In a dining room I did in Atlanta, I used all dove grey tones in the room, and every single element had highly sculptural qualities that made the play on shapes and texture the prominent story."

THE ASSOCIATED PRESS

An understated living room created by Los Angeles interior designer Betsy Burnham. GREY CRAWFORD/BURNHAM DESIGN/THE ASSOCIATED PRESS

Timeless appeal

"Every once in awhile, it's nice to have a space that's just simple and clean."
Designer Brian Patrick Flynn



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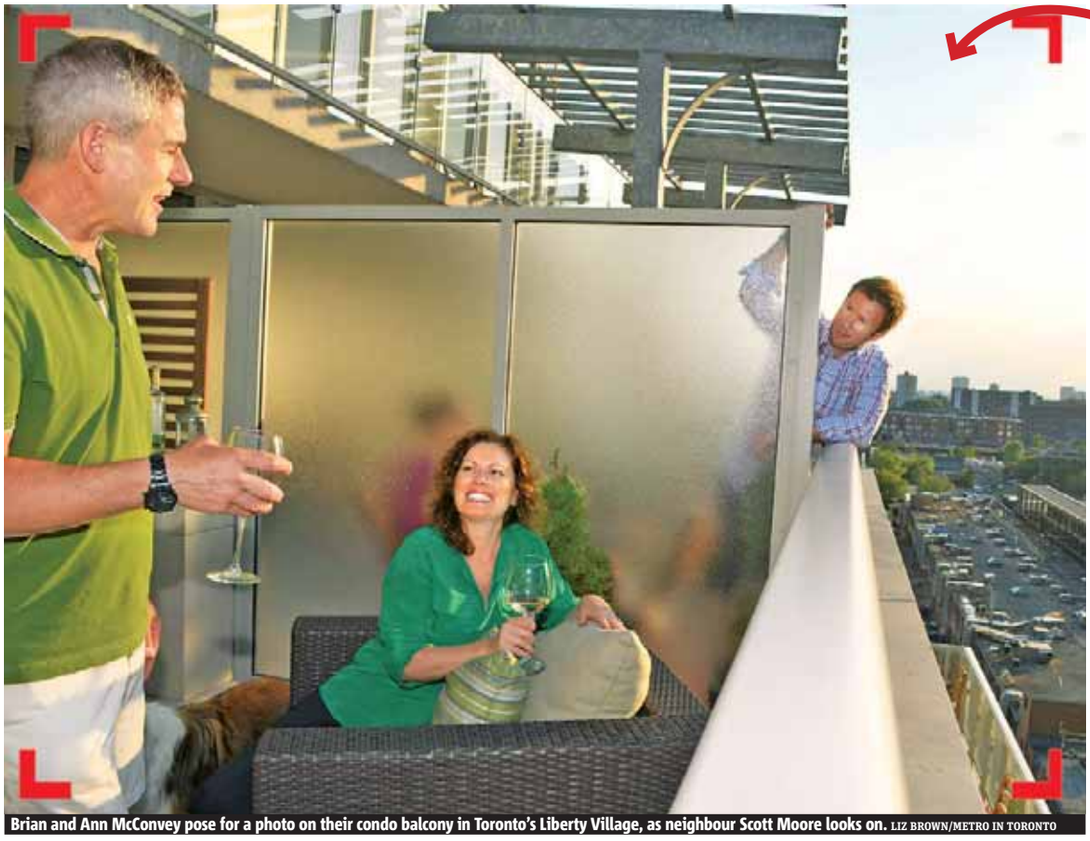
Tips to keep condo life classy

Mind your manners.
Basic balcony etiquette can help you keep the peace with neighbours

MELISSA DUNNE
Metro in Toronto



Brian and Ann McConvey pose for a photo on their condo balcony in Toronto's Liberty Village, as neighbour Scott Moore looks on. LIZ BROWN/METRO IN TORONTO

Like many Canadians, Scott Moore grew up in the suburbs.

Summers in suburbia tended to look like something out of a Canadian Tire flyer: The pesticide-green lawns were gigantic, the backyard fences tall and neighbours were close, but not *too* close.

Then, also like many Canadians, Moore grew up and fled the outskirts for the core.

A whopping one in eight households now live in a condo, according to Statistics Canada. There are concrete slabs and frosted glass. Neighbours are above, below, beside and across from each other — they are very, very close.

"I'm out here every day," says Moore of his balcony. He moved into his 14th-floor condo just in time for warm weather. "I barbecue and socialize out here. It feels like I'm not even in downtown Toronto."

There are reminders the 38-year-old lives in Canada's condo capital, though.

Ann McConvey, his next-door neighbour and fellow ex-suburbanite, poked her head around the glass balcony barrier before he even officially moved in and said hi.

After a brutal winter, McConvey, 44, her equally bubbly hubby, Brian, 51, and their sheltie, Fergus, 3, also soak up the sun on their Liberty Village balcony most days.

In a big city, relations between condo dwellers are not usually as warm as they are between the McConveys and Moore. Metro talked to an etiquette expert, who offered some tips to making sure it's only the humidity creating sticky situations on your balcony this summer.

Get to know thy neighbour

A hot day is the perfect time to break the ice, says Karen Cleveland, the Toronto-based author of mannersaresexy.com. So no need to act like there's no one on the other side of that balcony wall.

"Wave," advises the etiquette expert. "Introduce yourself."

Keeping up with the McConveys

Even if you don't know your neighbours' names, they've likely overheard you talking about your latest date, seen you sunning in your bikini and know if you're a clutterbug. You don't have to measure up to the McConveys and Moore, whose balconies look straight out of an Urban Barn catalogue — just keep it clean and tidy.

Sugar catches more flies than vinegar

Don't sweat dishing some dirt with your girls or hosting a dinner party outside. You can even play a few summer jams on your balcony so long as you keep the volume levels reasonable, says Cleveland.

"That's with a caveat," she notes. "Hopefully you and your neighbours have a similar taste in music, or it could go sideways fast."

If your neighbours are blasting Bryan Adams' Summer of '69 on repeat and you fear you may hurl their iPad off the balcony — knock on their door.

Cleveland advises asking noisy neighbours nicely, calmly and directly to keep it down.

Karen Cleveland CONTRIBUTED

Take in the larger view (from the top)

People typically do not enjoy having things drop and drip down on them, so before watering your plants and flowers get some liners for a "few pennies each" to catch the run-off, says Cleveland.

But when it comes to addressing a neighbour's faux pas, Moore adds that sometimes you have to choose your battles, such as when a cigarette butt comes flying down off a distant balcony in the dark of night. Residents can choose to play Sherlock on a bright July day, mapping wind currents and matching lipstick shades to narrow down the suspects. But "you'll never really know" where the cigarette came from, Moore says.

With only 75 official days of summer left, the suburbanite turned urbanite would rather spend his time taking in his stunning view of Lake Ontario.

Nightmare neighbours

Cities and condos have bylaws to regulate balcony behaviour, but enforcing those rules costs time and money. While most neighbours can work through conflicts on their own, some high-rise disputes make it all the way to our highest courts.

- In Vancouver, a vegetable magnate installed a hot tub, big-screen TV, and two speakers on his condo's large deck and balcony in 2010. The complaints soon started rolling in from his Yaletown neighbours. The case eventually made it to the Supreme Court of British Columbia. The party animal fought for his right to party, and lost. In 2012, the judge put a stop to the hot tub parties from 11 p.m. to 8 a.m., in accordance with the building's rules.
- In Toronto, a different kind of animal led to a neighbour war. The owner of a Yorkshire terrier would let the dog "relieve itself from time to time" on her second-floor condo balcony. The urine frequently dripped down to the first floor below. The neighbour complained. The case wound its way up to the Ontario Superior Court in 2011. The judge ruled the dog had to be removed from the unit permanently and the owner was ordered to pay $1,384.25 in cleaning fees and $806.65 in legal costs.

On the street: What's your balcony pet peeve?

"Construction. I open the door for Max; the noise is bothersome."

Maryam Amouzandeh with Max the dog, Toronto

"Garbage and all the stuff that's blowing around out there."

Rachael Moss, Toronto

AUGMENTED REALITY

→ Impress your neighbours with these ideas: Scan the photo with your Metro News app to see balcony photos from readers.

→ See the full instructions on Metro's Voices page.

Go on, show off

You can't make friends with a shabby balcony, so here are a few ideas to help you make a good impression on your neighbours.

1 Among foodies the Big Green Egg is the Cadillac of charcoal cookers. While most buildings don't allow the ceramic grill/smoker, that hasn't stopped condo dwellers from buying the, ahem, discrete Mini and Small varieties for balconies, say the Big Green Egg people. Prices upon request. Go to biggreenegg.ca to locate a dealer.

2 Trying to impress the attractive neighbour across the way with your cocktail-making skills? This Sumatra Serving Trolley from Urban Barn should help paint the picture of a sophisticated (and ready-to-mingle) urbanite. $229. Go to urbanbarn.com to find a store near you.

3 No, you don't have a lawn to stick a pair of plastic pink flamingoes in. Don't dwell on your lack of a lawn, instead put the kitschy couple from Canadian Tire in one of your urban garden planters. $14.99. Go to canadiantire.ca to find a store close by.

Failed therapy

Crosby to undergo surgery on wrist

Pittsburgh Penguins captain Sidney Crosby is reportedly scheduled to have arthroscopic surgery on his right wrist within the next few days.

Citing an unnamed source, the Pittsburgh Post-Gazette reported the surgery is to repair damage that impeded his performance in the post-season.

The 2014 Hart Trophy winner is not expected to miss any time next season, according to the report.

The newspaper added that Crosby decided to have the operation only after therapy failed to correct the problem.

Crosby won the NHL's regular-season scoring championship with 104 points last season, but managed just one goal and eight assists in 13 playoff games.

THE CANADIAN PRESS

One-year deal

Heatley lands with the Ducks

The Anaheim Ducks have signed left-winger Dany Heatley to a one-year deal, returning the 33-year-old unrestricted free agent to the Pacific Division.

Heatley spent last season with Minnesota. He played for San Jose from 2009-11, compiling 65 goals and 81 assists in 162 games for the Sharks. Heatley also has played for Atlanta and Ottawa in his career, notching 372 goals and 419 assists in 863 career games.

He is a four-time all-star and a two-time 50-goal scorer. Heatley ranks second among NHL players with 143 power-play goals.

THE ASSOCIATED PRESS

Argentina crushes Oranje's title hopes

World Cup final set.
La Albiceleste to take on Germany after winning semifinal match on penalty kicks

Lionel Messi of Argentina celebrates defeating the Netherlands on Wednesday in Sao Paulo, Brazil. CLIVE ROSE/GETTY IMAGES

Goalkeeper Sergio Romero saved two penalties Wednesday to send Argentina into the World Cup final with a 4-2 shootout win over the Netherlands after the game finished in a 0-0 stalemate.

A day after Germany lit up the World Cup with its clinical 7-1 destruction of host Brazil, the Netherlands and Argentina could not manage a goal between them in 120 minutes before the shootout.

Romero — thought to be a weak link in this Argentine team and not even a starter for his Monaco club most of last season — blocked penalties by Ron Vlaar and Wesley Sneijder. For Argentina, Lionel Messi, Ezequiel Garay, Sergio Aguero and Maxi Rodriguez all converted their spot kicks.

"It's luck, that's the truth. You can dive (the right way) and not make it, like happened to their goalkeeper," Romero said. "I had confidence, thank God things turned out well."

In a matchup of two of football's powerhouse nations, two-time champion Argentina will play three-time winner Germany in Sunday's final at the Maracana Stadium in Rio de Janeiro.

That means an extra bitter end to the tournament for Brazilians, who will have to watch their fiercest rivals play for the world title in their most hallowed stadium against a team that humiliated their nation in the semifinals.

Semifinal

Argentina	Netherlands
0 (4)	0 (2)

It was the second straight penalty shootout following a 0-0 draw for the Dutch. Against Costa Rica in the quarter-finals, coach Louis van Gaal brought on substitute goalkeeper Tim Krul in the last seconds of extra time to replace Jasper Cillessen and Krul saved two spot kicks.

This time, van Gaal had used up all three substitutions by the end of extra time and Cillessen had to face the shootout. Van Gaal said he would have made the same keeper swap if he'd had a substitution left.

The young Ajax goalkeeper got a hand to Rodriguez's decisive powerful shot, but could only deflect it into the roof of the net, and then collapsed onto his knees and sank onto his back. Krul walked across the pitch to console him.

THE ASSOCIATED PRESS

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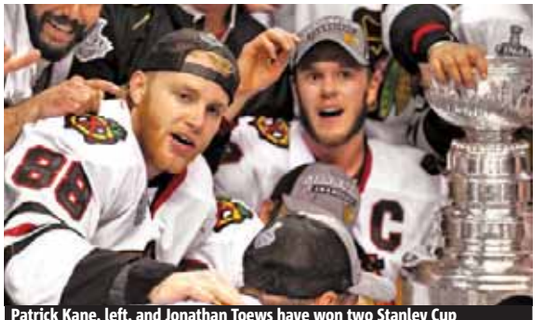
→ Scan the image with the Metro News app to view more images of Wednesday's semifinal.

→ See the full instructions on Metro's Voices page.

metro AR

Blackhawks lock up Kane and Toews



Patrick Kane, left, and Jonathan Toews have won two Stanley Cup championships together in Chicago. GETTY IMAGES FILE

This was a no-brainer from start to finish. Jonathan Toews and Patrick Kane wanted to stay in Chicago and the Blackhawks wanted to keep the high-scoring forwards in the only NHL uniform they have ever known.

All that was left was crunching the numbers on two of the biggest contracts in franchise history.

The Blackhawks announced Wednesday they had reached eight-year extensions with two of their top performers in a long run of success that includes Stanley Cup titles in 2010 and 2013. Toews and Kane led Chicago back to the Western Conference final this year, where it lost to the eventual champion Los Angeles Kings.

Massive deals

$84M

Both contracts are worth $84 million for an average annual value of $10.5 million, according to a person familiar with the deals.

General manager Stan Bowman said all along that the extensions were his biggest off-season priority, and it didn't take very long to reach the agreements with Pat Brisson, who represents both players. Toews and Kane each have one year left on their five-year extensions from December 2009, and July 1 was the first day they could sign new deals.

"There's nothing we want more as players than to continue to win Stanley Cups for the best hockey fans on the planet," Toews said in a statement released by the team.

THE ASSOCIATED PRESS

NBA

Pop makes deal to stay with Spurs

While the rest of the NBA world waits in limbo for LeBron James and Carmelo Anthony to decide where they are going to play next season, the San Antonio Spurs just keep quietly making sure the band is getting back together for a run at a second straight title.

In the middle of the James hysteria on Wednesday, the Spurs issued a two-sentence press release announcing that coach Gregg Popovich had agreed to a multi-year contract extension. Terms of the deal were not disclosed.

The Spurs roster will remain largely intact, so there was little doubt that the Popovich would return for a 19th season on the Spurs bench. THE ASSOCIATED PRESS

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Angels' power brings Blue Jays back to earth

MLB. Pujols punishes Toronto in seventh inning as Los Angeles holds on for series win

Mike Trout welcomes Angels teammate Albert Pujols home on a two-run home run in the seventh inning against the Blue Jays on Wednesday.
JAE C. HONG/THE ASSOCIATED PRESS

On Wednesday

Angels	Blue Jays
8	7

Albert Pujols hit a go-ahead, two-run homer in the seventh inning and Kole Calhoun also connected, leading the Los Angeles Angels to an 8-7 victory over the Toronto Blue Jays on Wednesday in the rubber match of the three-game series.

The Blue Jays took a 7-6 lead in the sixth on Dioner Navarro's two-out RBI single against Fernando Salas, making his second appearance off the disabled list after missing 19 games because of inflammation in his shoulder.

But Pujols responded with a drive that hit the top of the centre-field fence beyond the outstretched glove of Colby Rasmus and bounced over for his 20th homer of the season and 512th of his career, tying Ernie Banks and Eddie Mathews for 21st place all-time.

It scored Mike Trout, who reached on a fielder's choice grounder after Calhoun drew a leadoff walk from Aaron Loup (2-2).

Jason Grilli (1-1) pitched a scoreless inning for his first AL victory since 2009 with the Texas Rangers, striking out cleanup hitter Jose Bautista with two men on to end the seventh. The 12-year veteran right-hander was acquired on June 27 in a trade that sent Ernesto Frieri to the Pittsburgh Pirates.

Joe Smith pitched the ninth for his 12th save.

Marcus Stroman was charged with five earned runs and eight hits through 4-2/3 innings in his eighth big league start. The 23-year-old right-hander's teammates staked him to a 6-3 lead with a five-run fourth, but David Freese scored on a wild pitch in the bottom half and Calhoun drove his 10th homer into the lower seats in the right-field corner.

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Steer clear of others' feuds today because if you get involved, you will regret it over the weekend. There are rights and wrongs on both sides.

♉ Taurus
April 21 - May 21
You like things to be in their proper place but some people enjoy making a mess to annoy you. You know who they are. Stay out of their way today.

♊ Gemini
May 22 - June 21
Try not to come across as too assertive or aggressive. A lot over the next few days will depend on your ability to meet others halfway, especially in areas where money at stake.

♋ Cancer
June 22 - July 23
Some things happen whether we like it or not and the approaching full moon is sure to highlight that. Things could, of course, be worse, so smile.

♌ Leo
July 24 - Aug. 23
You love your freedom but you have responsibilities like everyone else and over the next few days you will have to do your duty. Social activities will have to take second place.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you wonder if certain people are really on your side and it may tempt you to go it alone. But that is not a good idea. You are going to need allies.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of power likes you but if you take that as a sign that you can do as you please, you're sadly mistaken.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point making a fuss today, not even if you can prove you have been hard done by. Sometimes we have to take what we're given and make the best of it. It's one of those times.

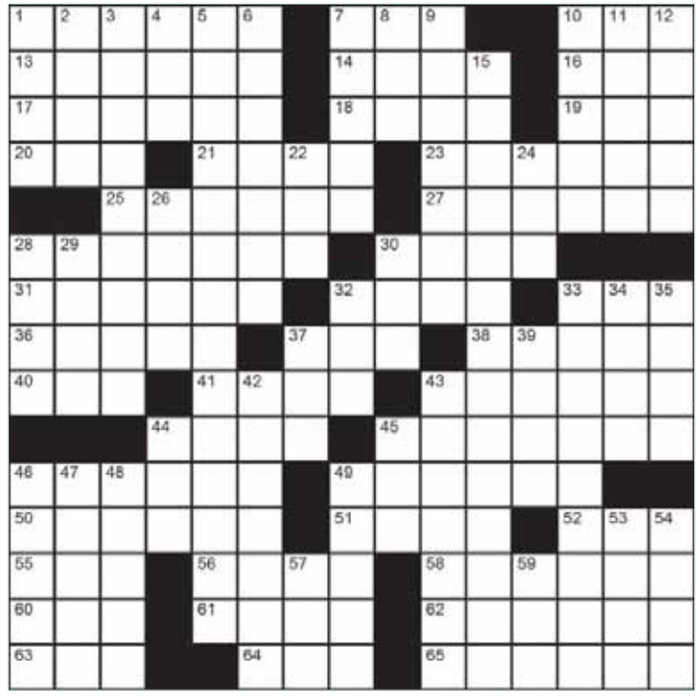
♐ Sagittarius
Nov. 23 - Dec. 21
This should be a lucky day but a lot will depend on common sense, especially where money is concerned. Put your interests first but be aware that your interests and others' are similar.

♑ Capricorn
Dec. 22 - Jan. 20
Although the approaching full moon is making you anxious everything will turn out right in the end. The so-called "bad" things that happen are challenges that help you grow.

♒ Aquarius
Jan. 21 - Feb. 19
Don't argue with people who clearly do not know what they are talking about. Over the next 24 hours, focus on your work, your family and your ambitions.

♓ Pisces
Feb. 20 - March 20
With the Sun and Jupiter moving through the most dynamic area of your chart there is precious little you can't do, but you'll do it better as part of a team.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Fare from Margaret Atwood and Mordecai Richler
7. Mr. Carrey
10. Undergarment, commonly
13. Make more money, get _ __
14. Some: 2 wds.
16. CD-__
17. "Stick to Your __" by Maestro Fresh Wes
18. Lettered-land 'til 1991
19. Classic range cooker company
20. Old English letter
21. Reclined
23. __ XM Canada Inc. (Satellite radio)
25. Feasible
27. Apple songs
28. Saliva
30. Blood carrier
31. "Let me check into that...": 2 wds.
32. Notify of risk
33. Boxing blow
36. Soup or __ (Restaurant option)
37. Mr. Aykroyd
38. Offenbach ballet, __ Parisienne
40. Sault __. Marie, ON
41. Emptiness
43. __ lava
44. Garish
45. Gives
46. Meteorite __ site
49. Tiny, cute-style
50. __ tunnel syndrome
51. Lion's share
52. Puny path
55. Iron __
56. Lightbulb locale
58. Doug and the Slugs hit: 2 wds.
60. Assembled
61. Armoured police team letters
62. Prevail
63. Bambi's aunt
64. Dodgy
65. 1980s President

Down
1. Give in
2. Desert's climate
3. Song by part-Canadian band The Lovin' Spoonful: "__ Cats"
4. Gladiator's 52
5. When all the music is stripped away from a track leaving only singing, that's known as what?: 2 wds.
6. Well-grounded, as a theory
7. Coldplay song ...en francais
8. Possibilities
9. Edmonton-born hockey great Mark
10. Cranium's content
11. Rapscallion
12. Collect
15. Prehistoric rock art site in Alberta, __-__-__ Provincial Park
22. Quebec: __ de Montreal
24. Campaign
26. "__ _ sign!"
28. k.d. lang and the __ Boom Bang
29. Dish of the day, __ du jour
30. Bran 3000 connector
32. Bundle of bills
33. Lively wartime dance style
34. To _ __ (Just right)
35. Mr. Mulroney's
37. Carried out
39. Jai's sporty friend
42. Felons
43. 2009 Lady Gaga album: 'The Fame __'
44. Swimmer's length
45. __ volente (God willing)
46. "_ __ in peace."
47. Edmonton-born singer/songwriter Ms. Ord
48. __-_-porter (Ready-to-wear)
49. Not full
53. Ms. Reid
54. Shangri-la
57. Seasickness, __ de mer
59. Harem room

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	1			7		
5	6			8	7			
8			5				6	
9				6				1
		4				3		
1				9				2
	8				3			5
			7	1			3	9
		9			2	1		

Yesterday's Sudoku

8	5	3	2	4	7	9	1	6
2	1	4	6	9	8	5	3	7
7	9	6	3	1	5	8	4	2
5	2	1	4	3	6	7	9	8
6	4	7	8	5	9	1	2	3
9	3	8	1	7	2	4	6	5
1	6	2	5	8	4	3	7	9
4	8	9	7	6	3	2	5	1
3	7	5	9	2	1	6	8	4

SCORE $2 TALL CANS
IN PLAY FOR A LIMITED TIME WHEREVER BEER IS SOLD.
@CARLSBERGCANADA
That calls for a Carlsberg
PLEASE DRINK RESPONSIBLY.

OVER 10,000 TOYS & BOOKS

GREAT IN-STORE OFFERS

FREE PARTY FAVOURS (For Kids)

July 10th - July 13th

MASTERMIND toys®

BARRHAVEN GRAND OPENING PARTY

FREE TREATS (SAT. ONLY)

FREE GIFT WRAPPING

PLUS: SAVE 25% *On any one item of your choice**

*Offer can also be used at our other Ottawa locations (145 Roland Michener Dr. or 1091 St. Laurent Blvd.). *Some restrictions apply. See store for full details.*

WHEN?

Thursday July 10th to Sunday July 13th

Mon-Fri: 9:30 - 9:00 | Sat: 9:30 - 6:00 | Sun: 11:00 - 5:00

WHERE?

Mastermind Toys Barrhaven

Chapman Mills Marketplace, 71 Marketplace Ave.